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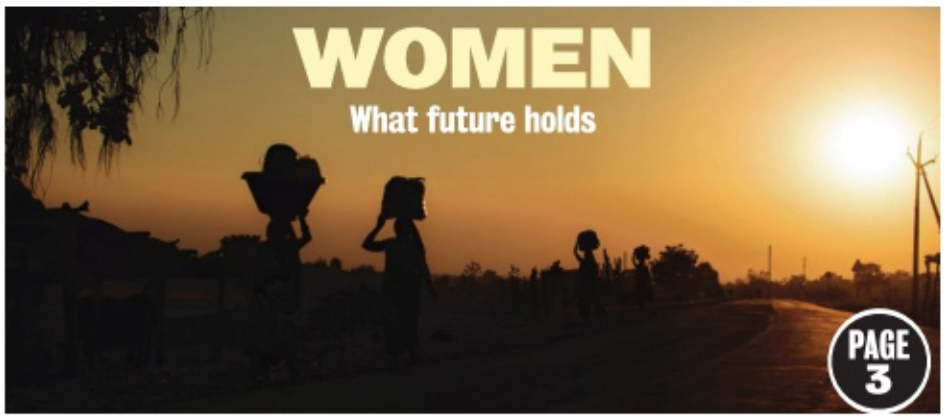
# Bangalore Mirror

TEMP Max 31 | Min 14 | Humidity 28% Clear with periodic clouds Sensex 60,224 | Nifty 17,711 | Gold 55,445 | Silver 63,638 | Dollar 81.82 | Euro 87.25 | GBP 98.13



## Broken commode, open septic tank, lack of drinking water & inadequate restrooms greet hundreds of physical education students at BU stadium

# GROUND BREAKING

### No basic amenities at stadium inaugurated back in 2006

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Bangalore University Stadium at Jnanabharathi Campus attracts hundreds of students daily. But the state of rest rooms at the sporting facility is appalling.

It is quite shocking to see the lack of basic amenities at the stadium used by hundreds of physical education students. There is neither drinking water nor a sufficient number of restrooms for students attending physical education classes at the stadium. There are only two urinals for boys and girls. On an average, more than 100 physical education students attend classes at the stadium during weekdays.

The stadium was inaugurated by minister for science and technology Ramachandra Gowda and R Ashok, then minister for health and family welfare, on March 11, 2006. Dr MS Thimmappa, vice chancellor of Bangalore University had presided over the function.

Enter the stadium, a broken commode greets you. If you go to the left side of the gallery, you come across a stinky open septic tank. It is covered with a few wooden logs and dry shrubs. It is dangerous for unwary students who come to attend

CONTINUED ON PAGE 6 »

> **“ I have sent a proposal for construction of restrooms for boys and girls. I hope to get the nod from higher authorities shortly**
>
> — KK Amarnath, principal, University College of Physical Education

# Energy of waste

### As civic body readies to run its own C&D waste plants, a few learnings from operational facilities

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Palike is planning to add five more C&D plants in the city. Currently, the two in the city are run under the PPP model. The BBMP plans to start in-house C&D plants this year.

In the budget 2023-2024, Bruhat Bengaluru Mahanagara Palike (BBMP) announced the addition of five new C&D plants in the city. In the year 2022-2023, Palike constructed plants to meet the 1,750 MT capacity of processing C&D waste; in the years 2023 and 2024, Palike will increase the capacity by 3,000 MT. The centres are expected to generate suitable raw materials for building construction.

Senior officials at Bengaluru Solid Waste Management Company Ltd told BM that the plan is at a nascent stage and will be finalised after approval from the committee.

Bengalureans constantly complain about C&D waste lying adjacent to roads and under the flyovers. Even the waterbodies become places for C&D waste dumping. Littered C&D waste on the road poses risk to motorists. One such example is the C&D waste lying under the Ejipura flyover which has been under construction for ages.

Last year, in August, BBMP floated a tender for a one-time collection of C&D waste

CONTINUED ON PAGE 6 »

## 3 THINGS TO DO

### 01 AI meets art

FutureFantastic is a first-of-its-kind TechArt festival in India that creatively brings together Artificial Intelligence (AI) and art to address climate change. The opening will commence with performances and installations at Bengaluru's premier theatre space Ranga Shankara, complemented by artworks and film screenings at the Infosys Science Foundation.
**Where: Ranga Shankara**
**When: March 11, 12, 11 am – 7 pm**

### 02 Bookworms, unite

Bibliophiles, what are you reading these days? Is there a book or an author that has amazed you recently? Discuss it with like-minded people at this special club for bookworms and share the magic of some wordsmiths who not only influenced us but shaped our lives in some way.
**Where: Lahe Lahe, Indiranagar**
**When: March 11, 4-5 pm; Register: 9886294444**

### 03 Ethnic wear

Catch a special Rajasthani handloom exhibition that is displaying ethnic and contemporary arts and crafts, clothing, handloom sarees, jewellery, home décor, furniture, and handicraft products direct from the artisans and craft persons from across India.

**Where: Sri Suryodaya Kalyana Mantapa, Vijay Nagar; When: Till March 9, 10.30 am – 8.30 pm**
**Phones: 89518 99961 / 94829 59786**

**Women, on the frontline**

Agniveer women personnel undergo a training session at Corps of Military Police on Tuesday

# Working out? Be safe, junk all fads

## Thirty-year-old dies while gymming; trainers say exercise responsibly

| Sridhar Vivan
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Recently, a 30-year-old fit cop from Hyderabad collapsed and died on the spot while gymming, once again putting in the spotlight the issue of people dying while exercising.

Now, city doctors add that they were seeing patients who work out complain of lower back pain. However, a closer look at these patients found that these patients were not working out properly and were doing so without guidance.

According to doctors, overindulgence in workouts and consumption of anabolic steroids for body building also increase the risk. Eating habits also play a major role like the consumption of high-fat food and processed food loaded with sodium and trans fats can affect our heart health. All of these increase the tendency of blood clots in our body thereby increasing the risk of heart attack due to coronary thrombosis.

A health expert said, "It is when the endurance exercises are done in excess, it poses a threat. In fact, gym deaths are common as there may be underlying undiagnosed asymptomatic Hypertrophic cardiomyopathy (HCM), Asymmetric Septal Hypertrophy, Mitral Valve Prolapse and arrhythmic tendency."

Sandeep S, who runs a chain of gyms said that post Covid, many want to get into the gym without proper workout. Hence, too many people were facing issues while gymming.

Celebrity gym trainer and Ekalavya awardee Shodhan Rai said, "Workouts have to be planned according to each individual's lifestyle; it can't replicate another person's routine. It has to be scientifically and strategically planned based on how each individual gets his/her rest, their nutrition, their lifestyle. Anybody going to the health club for the first time, I suggest they hire a qualified/certified fitness professional who has had enough knowledge of understanding a client's body, who has trained practically."

According to Suresh Kumar, another gym trainer, another issue was following fitness influencers and online trainers who would have started training themselves for a year or even for a few months to make fast money. "Learning the art of training is not a few months/one year's course. It takes several years and practical experience to understand human bodies."

Excessive workouts/ training result in overtraining, injury, low productivity at work and with family, exhaustion, mood swings, health issues and injuries to the body over a period of time. It can also lead to addiction of a lot of food supplements which need not be used excessively. Unsupervised workouts can be fatal and can lead to a lot of serious injuries to the spine, knee, ankle, shoulder, and other joints.

Rai added that if one is facing a budget constraint, one can hire a basic trainer and have them train for two to three months, get an idea of the exercises and then exercise individually. But there are a lot of serious fitness enthusiasts who want to reach greater heights and keep setting new goals with fitness. Any investment in your health is a great investment but be smart enough to pick the right guidance, he added.

**Tips and tricks**

- Know your body. It's important to know the weak areas of one's body and avoid activities that can affect one's health
- One should perform exercises suitable for one's age group. One might be young at heart but not body
- A correct warm up and cool down session should be performed to get into exercise mode. It is the most essential part of a workout
- One should take adequate rest in between workouts. It gives a chance for one's body to recover.
- One should drink plenty of water and eat right to help one's muscles recover
- It is harmful to do anything in excess. Building your body and muscles requires time and cannot be achieved overnight

# Women's day: River of hope

## Paralympics basketball player Ganga's story is one of perseverance against all odds

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Inset: Paralympics star Ganga Mandal poses for a photograph

Ganga Mandal, a resident of Bangalore, is an inspiration to everyone struggling with disabilities. The 24-year-old, who is wheel-chair bound with a spinal cord injury, is now a Karnataka State basketball Paralympics player.

In 2009, Ganga had a life-altering accident that left her lower body paralyzed. She fell from a hill in Nepal and her life was never the same again. She had to drop out of school and was dependent on her parents to move around the house for 10 years.

Mandal said, "It was in 2009 when I had gone to my uncle's house to spend time with my cousins. We went on top of a hill and my leg slipped suddenly. I fell from a height and was in a coma for four days. When I regained consciousness, my uncle's family brought me to Tumakuru, where my family lives. I was taken to many hospitals, but the doctors stated that they could not perform surgery as the condition was bad. I was totally dependent on my parents. My father, a security guard with a meagre income of Rs 10,000 had to take care of the entire family. I had big dreams as a child, but they were shattered by my injury."

As Ganga could not afford expensive doctors for her treatment, her parents visited many ayurvedic centres where she was provided oils and creams. However, nothing helped. "I used to sleep on the floor and move around the house with the support of my hands. I gave up on my studies and started to help my mother with household chores. As my lower body was paralysed, I couldn't even realise when I wanted to urinate. It was very embarrassing for me. I was very depressed and didn't want to live a life like this," she said.

In 2017, she was given a wheelchair by the government. She then started to go out with support from her sisters. In 2019, she started to apply for jobs as she wanted to help her father with his daily income. She then got in touch with the Association of People with Disabilities (APD).

In 2020, APD Bangalore came forward to help Ganga. She had deep bed sores on her back and could not even shower. She had developed fourth grade ulcers on her back and needed to undergo surgery to have them removed. APD helped her with that at Baptist Hospital.

APD then helped her with Spinal Cord Injury Rehabilitation (SCI) - a unique model in line with WHO that offers physical, social, mental, and rehabilitation services.

After undergoing rehab, Ganga started to feel confident. She started becoming independent. During her training, when she saw many people like her feeling depressed, she helped them feel better and started to train and build confidence amongst 20 other beneficiaries. She had become a beacon of hope for those who had lost all hope in life.

> **"We went on top of a hill and my leg slipped suddenly. I fell from a height and was in a coma for four days**
>
> – Ganga Mandal, Paralympics player

Her training sessions were not just about learning new skills but also about building self-esteem.

In 2022, she joined the Centre for Spinal Cord Injury Rehabilitation and Research, a peer trainer at APD, because of her proactive approach to helping the SCIR team. Her talent was recognised by APD. They offered her a chance to participate in parasports like para-basketball and para-badminton. She currently represents Karnataka in women's para-basketball.

Today, she is a successful basketball player and mentor. She has proven that a disability is not a hindrance to success; it is a challenge that needs to be overcome.

## Man cuts wife's hands off with machete

In a horrific incident, a man cut off his wife's hands with a machete in Gobbaragunte village of Devanahalli taluk, Bengaluru rural district. The man has been identified as Munikrishnappa and the victim is Chandrakala.

Chandrakala and Munikrishnappa got married 20 years ago. The couple have three children. There were allegedly daily arguments between them at home. Tired of the same, Chandrakala left her husband three months ago to stay in a rented accomodation with her children. She used to go to work with her daughter. On March 6, while going back to the village after work, she encountered Munikrishnappa who cut her hands off with a machete. Chandrakala is being treated at a local hospital. The crime took place in the Vijayapura police station limits.

## Cops hunt man accused of rape

A young woman in Bengaluru recently suffered a miscarriage after she was reportedly raped by a man named Sagar. Sagar, who worked at the same office as the victim, allegedly pressurised her into having sexual relations with him on the pretext of marrying her. He is also reported to have raped her on multiple instances, after which the victim became pregnant. Upon learning about the same, the victim was forced to swallow an abortion pill when she was seven-months pregnant. She suffered a severe miscarriage following this.

Her parents came to know about the matter recently and filed a complaint at the Soladevanahalli police station. Police have registered a case and are looking for Sagar who is currently absconding. **BMB**

# Art exhibition to celebrate womanhood

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The Chitra Kala Parishad is celebrating Women's Day in a unique way. The College of Fine Arts (CKP) is marking the day with an art show that focuses on the works of nine women artists and how they translate their life experiences into art. All seven galleries of the Parishad will exhibit various art forms in diverse mediums by women over the next five days, starting today.

The artists, who are also women alumni of CKP, say that they have expressed their understanding of the realities of life they face every day through their art on display.

The five-day exhibition will showcase the journey of women from birth to death, including midlife crises and the complex and multifaceted postpartum experience.

"Midlife crisis experience depends on the woman who is going through it. There is an internal conflict and acceptance of self while struggling with physical and mental changes. Dealing with these changes from both inside and outside, women keep up with their families, the workplace, and themselves, while moving towards a new future. My artwork showcases a few challenges that women face - signs of advancing age, change in waistline, irregular menstruation, sadness, and loneliness," said Dr Minnu Kejriwal, a visual artist, and an art historian.

The installation also showcases physical, emotional, and psychological aspects that take place during menopause. According to the artists, each piece of art at the exhibition has a unique perception of its momentum and relevance.

"These changes that occur within women, physically, mentally, and emotionally, in different situations, impact their decision-making abilities, be it to compromise, to sacrifice, or to control. This sensitivity in her thought process is the key to her creativity, giving her life meaning," said another artist participating in the exhibition.

> **"My artwork shows a few challenges women face - advancing of age, loneliness, sadness**
>
> – Dr Minnu Kejriwal, artist

Through paintings, installations, and tapestries, the exhibition also highlights customs and traditions that are losing prominence.

"When a girl attains maturity, the traditional celebration used to be a 14-day-long affair. However, it has now been reduced to four days. I am symbolising this fading tradition at the exhibition through my work," said TV Tarakeshwari, also an artist whose work will be presented at the exhibition.

# No plans to tank tanks

## CM says overhead water tanks in city 'safe'; they are chlorinated regularly as well

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PICTURE FOR REPRESENTATION ONLY

The city used to have 50 overhead water tanks earlier, but the advent of borewells changed that; There are 32 overhead tanks in Bengaluru at present and they can collectively store 30.91 million litres of water

Chief Minister Basavaraj Bommai recently said that all overhead water tanks in the city are 'safe' and need not be demolished. This comes after a few overhead water tanks were razed down.

Bommai, who holds the Bengaluru development portfolio, said that there were 32 overhead tanks in the city at present, all of which are in a good state. Hence, they will not be razed. He said that there was no need to clean these tanks as they were chlorinated regularly.

However, in case of emergencies, the Bangalore Water Supply and Sewerage Board (BWSSB) takes up cleaning of these tanks. Clarifying that no tank is in a dilapidated condition, Bommai said that four tanks that are still in good shape may be demolished anyway as they are serving no purpose.

Many overhead water tanks used to be landmarks in Bengaluru. According to BWSSB statistics, there are several old overhead tanks in the city. The oldest ones are in Ulsoor, constructed in 1963, and High Grounds, constructed in 1964.

The tanks in Banappa Park and Chikka Lalbagh were constructed in 1965. Overall, the city's 32 overhead tanks have the combined capacity to store 30.91 million litres of water. So far, six tanks have been razed in the city. Earlier, BWSSB had said that it had identified 19 overhead tanks that were to be removed completely.

Officials said that most of these tanks have become obsolete with changing times. According to BWSSB, officials used to identify the ridge points to construct a ground level reservoir and then an overhead tank.

The water used to be pumped to the water tank, and then, with the help of gravity, it would be supplied

**Clarifying that no tank is in a dilapidated condition, the CM said that 4 tanks may be demolished anyway as they are serving no purpose**

to the nearby residential areas. It can be recalled that a reservoir was constructed on Chimney Hills where water was drawn from Hesaraghatta Lake and then pumped to many parts of the city using gravity.

However, times have changed and so has technology. Now, most of these water tanks are turning out to be white elephants as they are very costly to maintain and do not have many benefits. Instead of using electricity to pump water and then spending money to maintain it, officials are finding it easier to supply water directly to houses without routing it via tankers.

Earlier, Bengaluru used to have 50 overhead tanks. Officials said that the advent of borewells changed the situation. Now that time has passed and many residents are using RO filters, the earlier dependence on tanks has nearly become non-existent.

Moreover, the cost of treating tank water is also high. Currently, there are 56 ground level reservoirs in the city which are said to be in good condition.

# A colossal waste of pedestrian space

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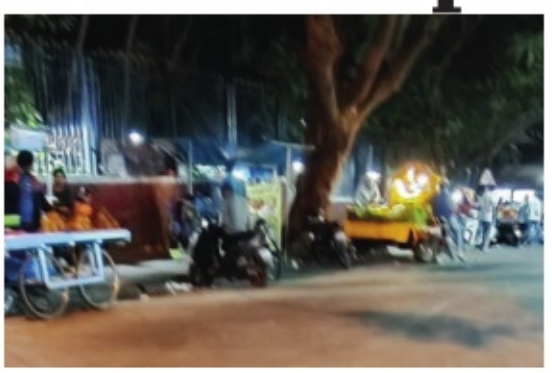

Food stalls have reportedly been encroaching upon footpaths in General KS Thimayya Road near the Hosmat Hospital junction; the owners of these stalls are also allegedly dumping waste on the roads

Commuters in the city are upset over footpaths being encroached upon by two-wheelers and street food vendors. They say that pedestrians are forced to walk on the main road because of this practice.

Pedestrians want footpaths to be properly designated in the city, which would make walking safer for them.

Naveen K, a pedestrian, said that footpaths on General KS Thimayya Road near the Hosmat Hospital junction are filled with street vendors, causing a lot of trouble for walkers. He said, "The footpath has been blocked by street stalls and leaves no space for citizens to walk through. To further add to the problem, these vendors make the footpath dirty by throwing leftover food on the sides."

Ajinkya Sharma, another pedestrian, said that the footpaths have started looking extremely dirty because of the actions of street vendors. They throw all kinds of leftover food, paper plates, and cups right on the pavement, he said. "It is making the entire area very unhygienic and is making it impossible for people to walk on the pavement. Pedestrians have no option but to use the busy road to walk where vehicles go at a very high speed."

Some residents also said that because of the food stalls, many people are parking their vehicles nearby, which further blocks the space for citizens to walk freely.

Aditya S, one such affected local, told Bangalore Mirror that people buy food from stalls dotted along the pavement and park their vehicles on the roads and even on the footpath. This blocks whatever little space is left for walkers. "Some customers park their vehicles on the road, which takes up space on the main road and causes traffic congestion. I understand that these stalls are run by poor people, but it should not disrupt the activities of others. They should be shifted from the footpath to some other place," he said.

Residents complained that garbage trucks are also parked on the footpaths, which makes them even more unhygienic. Kunal S, also a pedestrian, said that a hospital is close to the area and a lot of people use this pavement to go there. However, they are unable to use it easily because of the garbage trucks that are parked. He added that the trucks also lead to a lot of people thinking that this is a place for discarding their garbage. "They often throw plastic bottles and packets as well," he told BM.

A Bruhat Bengaluru Mahanagara Palike (BBMP) official said that they would investigate the matter and remove the garbage trucks from the area.

whatsapp MIRROR
9591233247

**Problems in your area?**
Send us a picture along with specific details. And please, no phone calls or spamming

### Obstruction

**Meanee Avenue**

This unused traffic police booth in Meanee Avenue has not been cleared for months.

### Neglected roads

**Banaswadi Chairman Layout**

Potholes and stones are blocking roads in Banaswadi Chairman Layout for a year now.

### Footpaths blocked

**Whitefield**

Eateries are blocking the footpaths opposite Whitefield Railway Station.

# Smokers, watch where you throw the butt!

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The Karnataka State Pollution Control Board has recommended enforcing of several Central Pollution Control Board guidelines for disposal of cigarettes or tobacco butts.

The Central Pollution Control Board (CPCB) had come up with guidelines for disposal of cigarettes or bidi butts on November 1, 2022. The CPCB guidelines recommend creating public awareness on adverse impact of littering of cigarette buds. Cigarette manufactures to supply timely and regular formation and data on the environmental and health risks of littering cigarette butts throughout their distribution channel. This apart, CPCB has stated to prohibit smoking in indoor, outdoor, public area and workplace areas to be strictly prohibited. A strict fine to be imposed on those flouting rules by the local authorities.

The recommendation also states that littering of buds must be strictly prohibited. The recommendations also states that domestic workers to segregate the cigarette butts along with the dry waste. The disposal of waste should be either through recycling or through end-of-life methods such as waste to energy or co-processing. This apart, instruction of safe disposal of cigarette butts has to be clearly provided on each cigarette packet.

Dr Vishal Rao, Professor, High Power Committee Tobacco Control, government of Karnataka, had highlighted the direction given by the National Green Tribunal (NGT) for the disposal of cigarettes. He said, "Cellulose acetate is a major component (95 per cent) of the cigarette butts along with the wrapping paper and rayon. The degradation studies carried out on cigarette butts shown only 37.8 per cent degradation in two years in the soil under ambient conditions. Recycling of cellulose acetate after

**The guidelines state that cigarette butts must be disposed responsibly & littering must be prohibited**

recovery from the cigarette butts was suggested as one among the immediate solution to the problem until the degradation and safety data are generated."

The KSPCB will have a meeting scheduled on March 15 to discuss the CPCB guidelines with the higher officials and will release a detailed guideline report to the public after the a discussion with the experts.

# The licence to chop away, for sake of development

## Environmentalists dismayed at Karnataka Forest Department seeking permission for cutting 150 trees at Yelahanka's Air Force Station to construct building

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Many infrastructure projects in Bengaluru are often planned at the cost of removing trees

As many as 150 trees at the Air Force Station in Yelahanka might soon be facing the axe, according to a recent public notice put up by the Karnataka Forest Department. The notice seeks permission to immediately remove the trees for the utility building reconstruction by Bengaluru Metro Rail Corporation (BMRCL).

However, environmentalists say such reckless cutting of green cover should be avoided at all costs.

"Such projects should be avoided if they require cutting of so many trees. Bengaluru is already witnessing summer temperatures as high as 38 degrees and 39 degrees Celsius. While authorities talk about saving trees, the majority of the project engineers look at only the engineering aspects and have no background and knowledge of ecology and the environment," said AN Yellappa Reddy, a city-based environmentalist.

The document that BM possesses also includes a letter written by a Defence Estates officer to the deputy conservator of forest, stating that since Nilgiri and Silver oak trees are exempted from the Karnataka Preservation of Trees act, only 14 out of 150 trees require NOC and assessment.

However, tree activists and conservationists point out an order passed by Justice Abhay Sreeniwas Oka, the former chief justice of the High Court of Karnataka a couple of years back.

In the order, Justice Oka had observed that a public agency, must refer even the exempted trees to a tree expert committee for assessment.

"...it is the duty of the State and the public authorities to take all possible steps to protect the environment. Even precautionary principle is applicable. If the public trust doctrine is applied, it becomes obvious that the State Government or BMRCL will have to act as Trustees of trees. the State Government or BMRCL cannot mechanically remove or fell 872 trees (on which the restrictions imposed by Section 8 of the said Act of 1976 will not apply)," observed justice Oka in 2020.

"While multiple tree species such as Nilgiri and Silver Oak are exempted from obtaining NOC on paper, previous orders passed by the Karnataka High Court judges state that all tree species must be assessed by TEC before felling. Thus, TEC must examine all 150 trees," said a city-based tree activist.

Green advocates also highlight the issue of accessibility when it comes to the trees being inspected by the public to file objections.

"The document by the Air Force Station should clearly state if the public will be allowed to enter the property of Indian armed forces and inspect the trees to file objections if any. We have had similar situations in the past when we were not allowed to enter a premise of Indian armed forces while we were there to inspect the trees in response to public notice by BBMP," said Dattatreya Devare, trustee, Bangalore Environment Trust.

**"Majority of the project engineers look at only the engineering aspects and have no background and knowledge of ecology and the environment**

–AN Yellappa Reddy, noted environmentalist

## IN BRIEF

### Retired cop found dead

A retired police officer was found dead at Majestic Bus Stand on Tuesday.

Muniangineya, 65, a resident of Doddaballapur, who had gone to visit a religious place with his friends, was found dead around 3pm at the KSRTC bus stop in Majestic. He left home at 2 pm on March 6.

It is suspected that he died while waiting for friends at the bus stop. The family members have raised doubts about the death of the retired police personnel. The cash and gold ornaments that were with him were also missing. His dead body was sent to Victoria Hospital and a case was registered at Upparapet Police Station.

### Free bus rides for women

Women in Bengaluru will be able to travel in all the BMTC buses, including AC services such as Vajra and Vayu Vajra buses, for free on Wednesday, March 8.

BMTC announced that on the occasion of International Women's Day this year, it will be providing free services to all women passengers in the city. "...on the occasion of International Women's Day ie on 08.03.2023, BMTC has provided free travel facility to all Women passengers in all its bus services including AC Vajra and Vayuvajra (Airport) Services," the BMTC statement read.

The primary objective of this initiative is to provide safe and secure public transport facilities for women and to improve mass transportation in the city. The official statement by BMTC added that it would also reduce traffic congestion and air pollution levels in the city.

Currently, out of 29 lakh daily passengers, on average, 10.84 lakh women travel in city buses, which is 25 percent of the total female population in Bengaluru. BMTC has estimated that this number might double on March 8 to almost 20 lakh women availing of free bus services costing the organisation almost Rs 8 crore. **BMB**

# Metro: Let's sort out parking issue

## Lack of first-mile connectivity in metro continues to exist despite some stations having cycle stands; Bicycle Mayor states cycling as best option

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After Hyderabad Metro decided to install bicycle stands at the stations, Bengalureans have stressed that cycle stands should be installed at the city's metro stations as well to improve first and last-mile connectivity and to promote the use of non-motor vehicles.

A few metro stations in Bengaluru have the facility currently; however, Bangalore Metro Rail Corporation Limited (BMRCL) says that there are very few users for the same.

"There are cycle stands at a few metro stations, apart from general parking space available but I have noticed that there are only very few people who use these stands. A few months back, we started allowing foldable cycles inside the metro coaches but that is also not being used widely," said BL Yashwanth Chavan, Chief Public Relations Officer, BMRCL.

According to BMRCL, they are currently working with the Directorate of Urban Land Transport (DULT) to find better parking solutions for metro commuters and to increase last-mile connectivity.

BMRCL says that there are very few users of cycle stands at metro stations

Bengaluru is infamous for its traffic problems with being named the second slowest city in the world as per the recent Tomtom report. Public transport is one solution to Bengaluru's traffic woes but due to the lack of first and last-mile connectivity, especially in the metro, people often avoid using public transport in Bengaluru.

"People can walk for 500 metre or 1 kilometre to reach the metro station but if the distance is between 3 to 5 km, cycling is the best option to get to the metro stations. Providing proper infrastructure for cyclists is the only way we can encourage people to take public transport and to encourage the use of non-motor vehicles," said Sathya Sankaran, Bengaluru's Bicycle Mayor.

> **"People can walk for 500 m or 1 km to reach the metro station but if the distance is 3 to 5 km, cycling is the best option** – Sathya Sankaran

He added that though allowing foldable cycles was a welcome move, it is not a mass solution for last-mile connectivity problems.

"I use a foldable cycle myself but there are very few cyclists who do that. This is in no way a mass solution for improving the last mile connectivity. As I have been tracking the movement of cyclists using a platform called AltMo. As per that, in Bengaluru, almost 600 trips have been made to metro stations on cycles by 54 cyclists. People are using a non-motor commute and they will be encouraged if the infrastructure is provided," he explained.

With the new Whitefield metro line opening for the public, the daily footfall for Namma Metro is expected to increase, including many young professionals joining the daily ridership. Many companies in Bengaluru give special benefits to employees who make use of non-motor vehicles. With that, it is necessary for the metro stations to have cycle stands for the commuters, he further added.

# In-house C&D plants

CONTINUED FROM PAGE 1

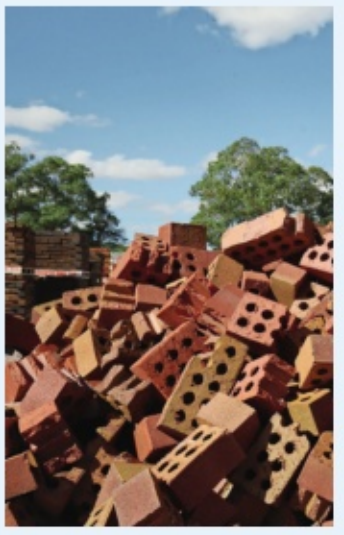
from major and arterial roads as a measure to deter citizens from dumping C&D waste.

Despite the existence of the two aforesaid plants run by private entities, only limited waste is reaching the plants for the facilities to turn profits. According to reports, Bengaluru generates 3,000 tonnes of C&D waste per day but only 25 per cent is reaching the plants.

This year, BBMP is planning a new collection and transportation system for solid waste management with 4,500 auto tippers with separate compartments for wet and dry waste. Under the plan, 500 compactors will be deployed.

Now that Palike has decided to run its own C&D plants, some lessons should be gleaned from the existing plants that are struggling to operate. C&D plant operators complain that despite the best efforts by the Palike, there is limited enforcement and participation by citizens.

"BBMP should increase the number of plants; there is no alternative than BBMP running it. The plants are running at lower capacity due to sufficient and convenient spots to dump C&D waste without consequences. Our plants have a capacity of 750 TPD and are running at 150 TPD. There are hardly any complaints about illegal dumping of waste in different areas," said a representative running a C&D waste processing plant.



He added that generators of C&D waste should be transporting waste to the plants for the system to work. "Despite all efforts, the system fails because of people's ignorance.

It's not possible for the BBMP to monitor everything at the ground level. When BBMP points out the issue, C&D waste generators claim there isn't enough waste to send. Even waste from K-RIDE and flyover work is not reaching us," he added.

After processing the C&D waste, the plants produce recycled aggregate, granular sub base and stream soil. Granular sub base is used to lay roads; aggregate waste is also used in various activities like road laying.

# BU stadium: Ground reality

CONTINUED FROM PAGE 1

nature's call at this spot. Open septic tanks may be a rare sight across the city but one can see open septic tanks at the Bangalore University campus.

"It has become tough for us to attend nature's call due to the shortage of toilets and urinals. We have no other option than to go to nearby buildings or open space to attend nature's call," said Pradeep S, a student.

When contacted, University College of Physical Education principal KK Amarnath said that he has already sent a proposal to the higher authorities for the construction of restrooms for boys and girls. "I have sent the proposal for the construction of restrooms. I hope to get the nod from the higher authorities shortly," said Amarnath.

Only two urinals for around 100 students

Open septic tank at the stadium

Amarnath said the open septic tank was dug up on a temporary basis last January. "I will take measures to fix it," he said. There is nothing to celebrate about either cleanliness or basic infrastructure on Jnanabharathi Campus. As per UGC norms, infrastructure and basic facilities in Universities are to help achieve at least the threshold level and promote enhancement of quality education. There were incidents of water leakages at some locations on the campus.

One can see garbage thrown at every available vacant space on the campus. Except the main road, most of the cross roads are in a poor condition.

Santhosh Maruru of Bangalore University said that a university campus should have good roads, electricity, water, laying/renovating of sewerage lines, and plantation. "I cannot see any of these in Bangalore University Campus. Except the main road there are no good roads inside the campus; there is always water & sewage pipes leakage, open pits & no sufficient washrooms at the University College of Physical Education ground. There is no drinking water at the ground, no proper equipment in the gym, there is no strict security screening, and most of the street lights on the campus are not working," he said.

On Monday, two BWSSB engineers visited the Jnanabharathi Campus to check leakage of water. They found that the Cauvery water pipeline was intact. "It is the leakage of a borewell water pipe line; it is the responsibility of the Bangalore University to fix it," said a BWSSB engineer.

**HEALTH TIP:** If you have underlying health issues, such as psoriasis or arthritis, you may find these get worse when you don't have enough omega-3s in your diet

Orange, yellow and red vegetables and fruits are the richest sources of vitamin A, while citrus fruits are best for vitamin C



# 'Women are empowered, they just need to keep it that way'

## Priya Sunder tells women how to stay financially empowered through simple daily actions

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Every March, as if on cue, the words 'financial independence', 'financial self-reliance' and 'financial empowerment' appear in the media till March 8th, observed the world over as International Women's Day. But just as suddenly as they appear, these words disappear from public discourse and the media, only to be dusted and resurrected next March.

Not surprising because talk about financial independence seems to be seasonal, restricted to a fortnight around Women's day, like the blossoming of the golden tabebuia in Bengaluru. "This tokenism has to stop. These conversations have to continue throughout the year. Women must push for these conversations because they impact women the most. We must ask for dedicated pages in our media to keep financial independence alive in women's minds, and not just in the business papers," says Priya Sunder, Co-founder and Director, PeakAlpha Investments, an award-winning investment services company, based in Bengaluru.

An AdReaction report in 2019 by Kantar says that 58 per cent of the ads on TV target women. 'These ads are exhorting women to buy – things for their home, their children, themselves, cosmetics, shampoo, washing powder, home appliances, cooking oils, jewellery. And around Women's Day, brands are telling women to buy even more - jewellery, clothes, cars and houses to celebrate themselves. While the messaging is towards promoting a culture of consumption, I don't see a corresponding share of information to educate women (and men) on how they're supposed to finance these purchases. The basics of finance and investment are missing in our school syllabus. It's missing in the media. But there's an unspoken understanding that somehow you must become aware of the complex world of finances. So, people ask their neighbours and co-workers and family members how to invest, which is often not suited to their particular goal and family situation. And sometimes, it's plain wrong information that is shared by people who are misinformed," says Sunder.

But Sunder always stirs up a room by telling people that women are already empowered. It's just that they give up their empowerment (financial or otherwise) to their fathers, brothers, husband or other people in their family.

> If you're working with a financial planner and have taken charge of your finances, talk about it with your women friends. Financial independence is about feeling good, feeling secure and feeling happy that you've done the right thing. In sharing with your friends, you encourage another woman to being financially independent
>
> – Priya Sunder, Co-founder and Director of PeakAlpha Investments

"40 per cent of our 5000-plus customers are women. And many of them are great at tracking goals. While the men ask me why the family's portfolio is not in sync with the current stock market valuations, women, when they are involved in the planning process, almost always get why personal portfolios may not be in sync with the markets because personal goals, timelines to those goals etc are very specific and personal to an individual. For example, if an educational goal is two years away, you cannot have that portion of the portfolio exposed to the market. It must be held in safe assets. So, in this situation, your personal portfolio will not be in sync with the market. Women understand this better, because they are emotionally attached to goals, not portfolio growth as much," says Sunder.

Sadly, only when there's a crisis like a separation, divorce or a death of a spouse do women come to us for help, adds Sunder, whereas men don't wait for a crisis to seek financial planning advice.

Sunder also points out that women are great at managing the family budget but many of them don't even know how much their husband earns, how much insurance they family has, if there's a retirement fund, a health insurance... "We had someone reach out to us to say that her 55-year-old mother had recently been widowed and had never stepped into a bank. Women must start taking an interest in the financial matters of their family and this is one of the ways to stay empowered,' says Sunder.

Another way in which women can stay in control and believe that they are truly empowered is to change the language around money. "Saying 'I don't understand money,' 'Money and I have no truck with each other,' is as bad as men saying 'I can't cook.' Financial literacy and cooking to feed yourself are survival skills and everyone, irrespective of their gender must know this," says Sunder.

Changing long-established patterns is hard but women have to initiate that change, as much as they can hope that allies within their families and workspaces and the society at large will help them stay empowered and include them in financial conversations. "We have to lead the way. Start talking about money and investments when you meet your women friends. If you're working with a financial planner and have taken charge of your finances, share it and talk about how it makes you feel. Financial independence is about feeling good, feeling secure and feeling happy that you've done the right thing. In sharing with your friends, you encourage another woman to being financially independent. Also, you don't have to be a billionaire to start financial planning. Anyone, absolutely, anyone can," says Sunder.

If women are working, studying and have the right to vote today, it's thanks to the early feminist movements which ironically gifted women what was rightfully theirs. But women can't rest on these accomplishments. They need to keep the good work going for themselves, their daughters and sons, brothers and husbands, and generations who will carry forward their legacy.

Despite how far women have come, financial independence is a distant dream. And if there's one index to measure how truly independent a woman is, it is this. Let's make this dream come true by taking small steps every day.

## All problems solved

*Dear Coleen*

**My wife and I are in our 50s and have grown-up kids who have families of their own. We are nothing like the people we were when we married and we're poles apart. While I'm quite optimistic and want to live life to the full, my wife is negative and never ventures outside her comfort zone, which is watching TV or going to a gym class with friends. At home we barely talk to each other, but every time I try to broach the subject of our marriage, she just says she's happy. Our sex life is hopeless. I've been close to having an affair a couple of times. I had a heart-to-heart with our daughter and she's of the opinion that we might be better on our own. I feel terrible about walking out on the marriage. Is it bad that I want a better life for myself ?**

**COLEEN SAYS**

Of course not. I think this phase of life is tough for couples – the kids have flown the nest and you're left with each other, and you might realise you don't have much in common any more.

It's quite a reflective time as well, looking back at what you've achieved and what you still want to do. You obviously want to use your time and freedom to spread your wings and have new experiences, while your wife is content with what she has.

I think if you've tried to talk to her about your marriage and you keep coming up against a brick wall, then it's time to be frank about what you want. And maybe the only way of achieving that is to leave the marriage, so you can both be happy. It is sad to close the door on a long marriage, but there's always the possibility of friendship and you have your kids and grandchildren to keep you connected. You can't keep ignoring how you feel because you'll end up resenting your wife.

I don't think you should feel guilty for wanting to move on and find a new, happier life.

—Coleen Nolan, Daily Mirror

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**I** Chandrashekara Padavalapatna Krishnappa ,s/o Krishnappa Bommegowda R/o No 446, Ground Floor,28th Main,10th Cross, sector -1,hsr Layout, Bengaluru 560102 Have Changed My Name to Chandrashekar Padavalapatna Krishnappa For All Purposes.

**I,** Akram Pasha R/a No.2, 11th D Cross, Hosahalli main road Padarayanapura, Bengaluru-560026 have changed our minor sons name from Ilma Mohammedi to Elma Mohammadi affidavit dated 07.03.2023 before notary R. Basavaraja, B.lore.

**I,** Shabbeer Ahmed R/o 17/3 2nd Floor , 9th Main , 15th Cross, Shareef Layout Lakkasandra Extn, B'lore-560030 have changed my name to Nazeer Ahmed for all purposes

**I,** Chaithanya Sanjaya Venkatachalaiah D/o Sanjay.V R/o #1335, 18th main road,1st stage 5th block, HBR layout B'luru 560043 have changed my name to Chaithanya Sanjay affidavit Dt.07/03/2023 notary Ganesh Gowda M V B'luru

**I** Muniraja Hosahalli Krishappa r/o M Hosahalli Hasandahalli Post, Malur Taluk, Kolar-: 563139, KARNATAKA, INDIA. Changed name to -Muniraja Hosahalli Krishnappa

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# Guess what? Gender equality helps

## Research finds that both men and women live longer if the long-standing gender gap issue is addressed

The first global study to investigate how gender equality may be associated with life expectancy has found that both women and men live longer as it improves.

However, variations between countries grouped into regions according to socioeconomic development and geographic proximity suggest that while mainly benefitting women's lives and health at first, progress in gender equality helps men to live longer too, eventually narrowing the gender gap in life expectancy.

Lead author Dr Cat Pinho-Gomes, Honorary Research Fellow at The George Institute for Global Health, UK in partnership with Imperial College London, said the results - published in the lead up to International Women's Day - suggest that addressing longstanding gender inequality and empowering women might help extend longevity for both women and men. "Many of the factors that determine how long you will live - like working and living conditions, exposure to pollution, access to health care, education, income, and social support - are layered with gender differences around the world," she said. "As countries make greater progress towards gender equality and women are afforded the opportunity to participate more fully in political, economic, and social life, the whole of society reaps the rewards."

A woman drying up pieces of clay before shifting them into a kiln (File)

**"Investing in education is paramount, especially in low-and-middle income nations, where many girls are denied access to education**
– Cat Pinho-Gomes, lead author

According to the latest report by the World Economic Forum, global events such as the rising cost of living, the COVID-19 pandemic, the climate emergency and large-scale conflict and displacement are stalling progress towards gender parity. This may, in turn, jeopardise socioeconomic development and improvement in living and working conditions, curbing the gains in life expectancy that have occurred over the past decades.

To investigate whether gender equality was associated with life expectancy (LE) for women and men and assess the gender gap in life expectancy across the globe, the researchers used a modified global gender gap index (mGGGI), based on the index developed by the World Economic Forum (WEF), and applied it across 156 countries between 2010 and 2021. Among the three dimensions included in this study (i.e., political, economic, and educational), gender equality in education had the strongest association with longer LE for both women and men. "This suggests investing in education is paramount, particularly in low- and middle-income countries, where many girls are still denied access to education and resources are limited," added Dr Pinho-Gomes.

"Our study has important implications for policymakers across the globe, particularly as the world gradually recovers from the myriad shocks caused by the covid pandemic, which had a gendered impact across multiple domains of life," added Dr Pinho-Gomes. – ANI

### Women's rights under threat: UN chief

Women's rights are being "abused, threatened and violated" around the world and gender equality will not be achieved for 300 years on the current track, the United Nations secretary-general warned on Monday. Antonio Guterres told the opening session of the Commission on the Status of Women -- the UN's premiere global body fighting for gender equality -- that the progress won over decades is vanishing because "the patriarchy is fighting back".

The UN chief pointed to Afghanistan where "women and girls have been erased from public life", and said that in many countries, women's sexual and reproductive rights are being rolled back.

He also said girls going to school risk kidnapping and assault in many places, and complained that there are police preying on vulnerable women. "From Ukraine to the Sahel, crisis and conflict affect women and girls first and worst," Guterres said. In other setbacks, he said, maternal mortality is rising and covid's impact is forcing girls into marriage and keeping them out of school.

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CONSUMER CONNECT INITIATIVE

# Tips to a healthy life: All you need to know about prioritising women's health

The gender we identify with impacts all areas and experiences of our daily lives- health and wellness is no exception. Statistics show that though women live marginally more than men- the difference in healthy life expectancy between the two is only 0.1 years. This means that though women live longer they don't live almost the same amount of "healthy years" as men. The lack of agency and bodily autonomy coupled with lack of information and less research about women's health issues has created an alarming situation where people, including women themselves, have stopped prioritising their health.

Allo Health shares easy and accessible lifestyle changes:

### Practising Safer Sex

This includes using contraceptives to prevent unplanned pregnancies and using protection to prevent STIs. As per a Sex Education in India survey (2022) by Allo Health, 27.21% respondents believe that "pulling out" during sex prevents pregnancy. To make matters worse, 26.52% of these respondents were women. Failure of contraception also opens up the risk of unsafe abortions amongst women. This can impact not just health, but also other areas like career, finances & relationships. STIs if left undetected and untreated could pose larger risks including pelvic inflammatory diseases & complications in fertility. Steps to take to prevent this are to inform yourself about contraception & use them proactively.

### Regular check-ups

Short but regular visits to a gynaecologist or a reproductive health specialist can help detect and treat any reproductive health issues early. This can include screenings for sexually transmitted infections (STIs), UTIs, cervical cancer, breast cancer, and other reproductive health problems. Early detection and treatment can significantly improve the chances of successful treatment and recovery.

### Setting boundaries

While this may sound absurd- this is a great non-medical tool to take care of your sexual and mental health. Not knowing how to address a breach of consent can cause women to suffer emotionally as well as physically. Staying informed about how to set boundaries- physical and metaphorical and learning how to communicate needs and wants is absolutely essential for women today.

### Mental health checks

In the same survey by Allo Health, 86.91% women agreed that their mental health could directly affect their sexual health. It is time that we all treat our mental health at par with physical health & normalise seeking help from an expert for the same as and when needed.

### Physical health

This includes eating a healthy diet, exercising regularly, getting enough sleep and even enough pleasure.

These simple habits can help: Schedule time for self-care and even pleasure: Allow yourself to indulge in activities that feel good to your brain & body without feeling guilty. Focus on what you eat: There's no shame in enjoying a meal out every once in a while as long as you make sure you're also taking in important nutrients. Get Active: Trust us when we say that "losing weight" while exercising is just a by-product of the activity. Exercising a few times a week can help keep your heart healthy & brain agile. For more tips, check out Allo Health's OneLittleStep campaign on the Instagram handle @allohealth.care.

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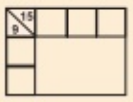
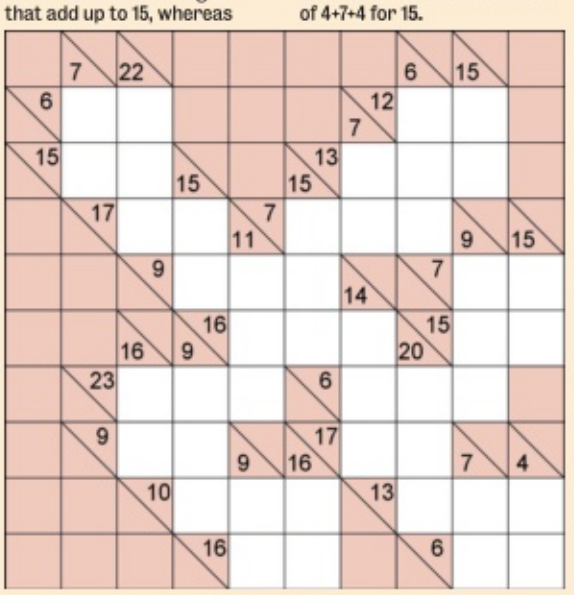
## Kakuro

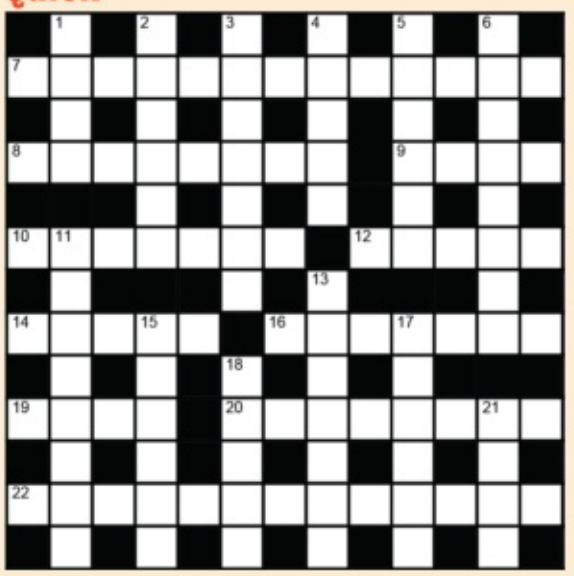
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 Lying (13)
8 Metal glove (8)
9 Keen on (4)
10 Green with vegetation (7)
12 Used an axe? (5)
14 Piquant (5)
16 Caskets (7)
19 Ketu's counterpart in Indian folklore? (4)
20 Commencing or starting again (8)
22 Seat of the Karnataka State legislature (7,6)

**DOWN**

1 Nitrogenous fertilizer (4)
2 Smoothed or levelled out? (6)
3 Drag out (7)
4 Sharp and biting (5)
5 A blow-for a dispute? (6)
6 Australia's hemisphere? (8)
11 Stress (8)
13 Be composed of (7)
15 Captured or apprehended (6)
17 Very well known (6)
18 Eccentric (5)
21 Ms Sharma of Bollywood (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: Y EQUALS G**

H YBCHU NHX KZ HMFHDZ FKMMKXY UL PC MKUUMC.

### Linemaro

I love your taste. Could you help me choose a gift for my mom?

### Mindchow

The eyes see only what the mind is prepared to comprehend

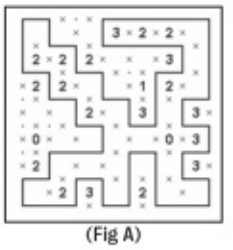
### Joke of the day

What's the difference between a dog and a cat? A dog will drop everything and come when you call. A cat will check its schedule and fit you in

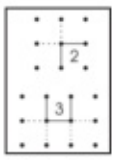
## Loop

**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



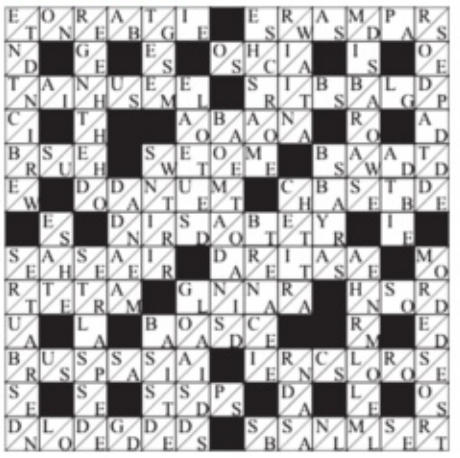
(Fig B) Not Allowed

**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

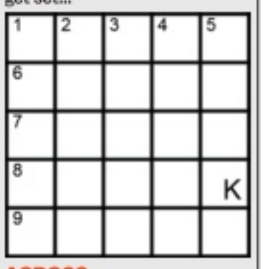
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

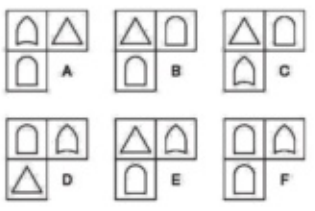
1 Bared; 6 Own ad;
7 Estop; 8 Reek C;
9 By her

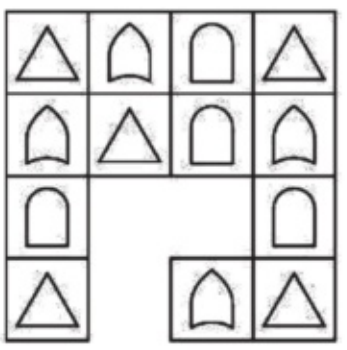
**DOWN**

1 Ch Bat; 2 Oread;
3 Or rep; 4 Bedew;
5 N Keys

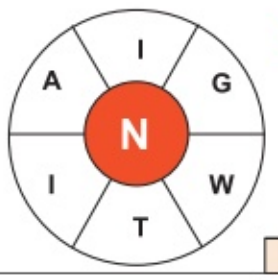
## Mensapuzzle

Which is the missing segment?



## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

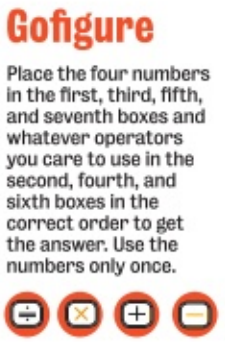
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | | 3 | | 4 | | 7 | 6 |
| | | 6 | | | | 8 | | |
| | 4 | | 2 | | 6 | | 5 | |
| | 9 | | | 1 | | | 6 | |
| | | 8 | | | | 1 | | |
| | 7 | | | 6 | | | 4 | |
| | 6 | | 8 | | 5 | | 1 | |
| | | 5 | | | | 7 | | |
| 7 | 3 | | 9 | | 2 | | 8 | 5 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.




## Hocusfocus

Find at least six differences in details between panels.

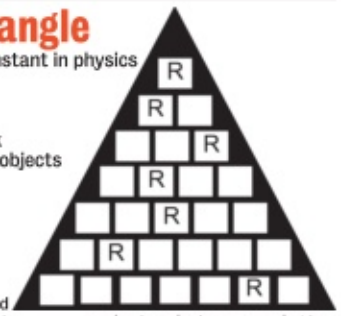
**Differences:** 1. Shovel is larger. 2. Dog is moved. 3. Earflap is missing. 4. Light is moved. 5. Arm is longer. 6. Doormat is added.

## Riddler

Six hundred and thirty-seven students in the final year in a school took their French exams. 313 took German and 97 took both. If there were 900 students altogether, how many students took neither language exams?

## Alpha triangle

1 Universal gas constant in physics
2 Again, abbr.
3 Corn part
4 Historical times
5 Acquires by work
6 Movers of heavy objects
7 Cavalry soldiers




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

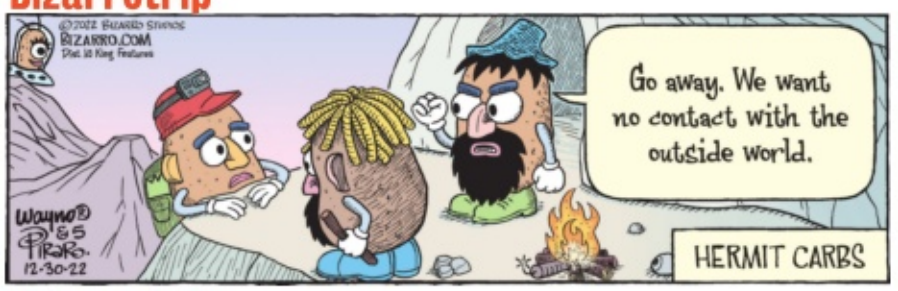

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

SILENT NIGHT
THAT'S A LOUSY RENDITION OF "SILENT NIGHT" THEY'RE DOING DOWN THERE
THAT'S ALSO A PRETTY TOUGH SONG TO SING TO THE ACCOMPANIMENT OF TOM-TOMS
MEL CASSON
12-20

## Bizarrotrip




## Diamond Lil

## Hart of the city

DEAN, I GOT US TICKETS TO TOMORROW'S HOCKEY GAME!
WHAT?! THANKS!!
THAT'S SO SHORT NOTICE. WERE THEY EXPENSIVE?
YOU CAN'T PUT A PRICE ON FATHER-SON TIME!
BUT DEAN, YOU WON'T BE GOING TO COLLEGE.

## Crankshaft

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today you are blessed by Jupiter. This may give you confidence. You may be able to take important decisions confidently. You are decisive, so you may grab any opportunity without a second thought. You are likely to spend money on family and friends. Lovebirds may enjoy happy moments. Job aspirants are likely to get a suitable job with the help of friends.

**Taurus** Apr 21 – May 20
Today you may feel dull. You may not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

**Gemini** May 21 – Jun 21
Today you may feel energetic. You may perform efficiently at work. Your hard work may pay you off now. This may boost your confidence. Property-related disputes with siblings are likely to be resolved now. A meeting with an influential person may boost your network.

**Cancer** Jun 22 – July 23
Today you are blessed by the positive moon, which will make you happy. You are likely to get a big order with the help of your communication skills. You are polite with the people around you. You may take some difficult decisions in business with the help of your colleagues.

**Leo** Jul 24 – Aug 23
Today you are blessed by the moon and it is a good day for you. You have good vitality and may enjoy it at work. You may enjoy romantic moments with your spouse, which may improve domestic harmony. You are likely to make plans to start a new project. Your perfectionism may help you to design the flow chart. Jobseekers will find a suitable job. Lovebirds are advised to avoid discussions on worthless topics.

**Virgo** Aug 24 – Sep 23
Today you may be disappointed. You are advised to control your arrogance, otherwise you may face some losses due to your way of speaking to other people. Lovebirds should be careful in discussion, otherwise their relationship may get affected.

**Libra** Sep 24 – Oct 22
Today there may be peace in your mind. You may plan to invest some capital in business, which may increase your liquidity. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles may find a suitable match. Lovebirds may decide to marry. Students will be blessed by good karma.

**Scorpio** Oct 23 – Nov 22
Today you may be very happy. Your losses may convert to profits. Your seniors may be happy and will appreciate your work. You are likely to see some changes in your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may take important decisions in terms of marriage.

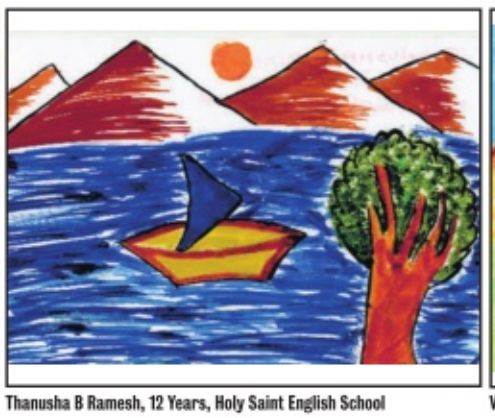
**Sagittarius** Nov 23 – Dec 22
Today situations are under control. You may feel better. You may plan for overseas trips. Your network may help you on the work front. Some increase in domestic harmony can take place. You may be more creative. You may bring some artefacts or creative items for your family or office. You may also plan to watch movies with friends or family.

**Capricorn** Dec 23 – Jan 20
In the beginning of the week, you can expect financial gains. You will strike a balance between your earnings and expenses, which will boost your bank balance. You are likely to perform better at your job. Your boss will give you new responsibilities in terms of promotions. You will get back money from lenders. You will be able to control your opponents and hidden enemies. Health will be good.

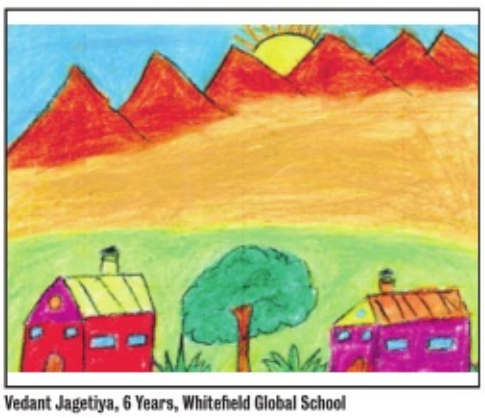
**Aquarius** Jan 21 – Feb 19
Today you may plan to renovate your house. You may buy some items to decorate your house to maintain your social status. There is likely to be harmony with your spouse. It creates harmony in the domestic life. Disputes with friends, co-workers, and partners may settle down. You may get good news in terms of litigation.

**Pisces** Feb 20 – Mar 20
Today you are blessed by the positive moon. You may feel healthy and old health issues may be cured now. Money that was stuck somewhere is likely to be recovered now. You may also apply for a loan for buying some items related to luxury.

## KIDZONE



Thanusha B Ramesh, 12 Years, Holy Saint English School



Vedant Jagetiya, 6 Years, Whitefield Global School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**
= 1+2*3+(8-625)
= 3+2+(-617)
= 1.5-617 = -615.5

**BULL'S EYE**
awing, gain, giant, gnat, gnaw, twang, twin, WAITING, want, wing

**STRIKE OUT**

**FAST FIVE**

**RIDDLER**
47 students

**QUICK**

**MENSA PUZZLE**
E: work along the top row, then back along the second row etc., repeating the first three symbols

**QUOTE UNCODE**
A great man is always willing to be little.

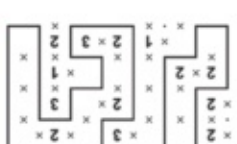
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | 9 | 3 | 8 | 4 | 2 | 7 | 6 |
| 3 | 2 | 6 | 1 | 5 | 7 | 8 | 9 | 4 |
| 8 | 4 | 7 | 2 | 9 | 6 | 3 | 5 | 1 |
| 2 | 9 | 4 | 7 | 1 | 3 | 5 | 6 | 8 |
| 6 | 5 | 8 | 4 | 2 | 9 | 1 | 3 | 7 |
| 1 | 7 | 3 | 5 | 6 | 8 | 9 | 4 | 2 |
| 9 | 6 | 2 | 8 | 7 | 5 | 4 | 1 | 3 |
| 4 | 8 | 5 | 6 | 9 | 3 | 7 | 2 | 9 |
| 7 | 3 | 1 | 9 | 4 | 2 | 6 | 8 | 5 |

**ALPHA TRIANGLE**
R, Re, Ear, Eras, Earns, Cranes, Lancers.

**GO FIGURE**
Easy
5+3-4+1=5
Medium
6-7×5+7=2
Hard
4+6-9+5=6

**LOOP**



**KAKURO**

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**Power couple's pad** Ben Affleck and Jennifer Lopez are reportedly looking at buying an eight bedroom mansion worth $64 million. The couple are thought to be in escrow for the Pacific Palisades home after pulling out of buying a cheaper property

# IN A NEW ROLE

## Buzz is that Sai Pallavi has been roped in to play Sita

Madhu Mantena's upcoming film, 'Ramayan' has been creating a strong buzz of late. According to a latest development, Sai Pallavi has been roped in to play the role of Sita in the movie.

Earlier the producers were in talks with Deepika Padukone to play Sita. But she apparently will be playing Draupadi for the same production house, and none of the other A-list heroines in Bollywood possess the old-world charm and grace to play Sita Mata, a report in Bollywood Hungama stated.

While the actress is yet to sign the dotted lines, reports are rife that the producers of 'Ramayan' are keen for Sai to play Sita. Ranbir Kapoor has already been roped in to essay the role of Lord Rama in the movie. Hrithik Roshan was supposed to play Ravana in the movie. However, he has reportedly opted out of the movie.

If the deal works out, this film will mark Sai's Bollywood debut. The actress has won hearts of millions of her fans in films like, 'Gargi', 'Shyama Singha Roy' and 'Virata Parvam' down south.

—ETimes

# Colourful celebs

Sidharth Malhotra, who tied the knot with his ladylove Kiara Advani in February this year, is celebrating his first ever Holi with the actress. The actor shared a colourful picture with his fans from their Holi celebrations.

Meanwhile, Katrina Kaif, too celebrated Holi with her loving husband Vicky Kaushal and her in-laws. Katrina's sister Isabelle Kaif also joined the celebrations.

Karisma Kapoor made the most of the Holi celebrations. She can be seen in a fun, goofy avatar in a white dress. She captioned her post, "How it started and how it's going..."

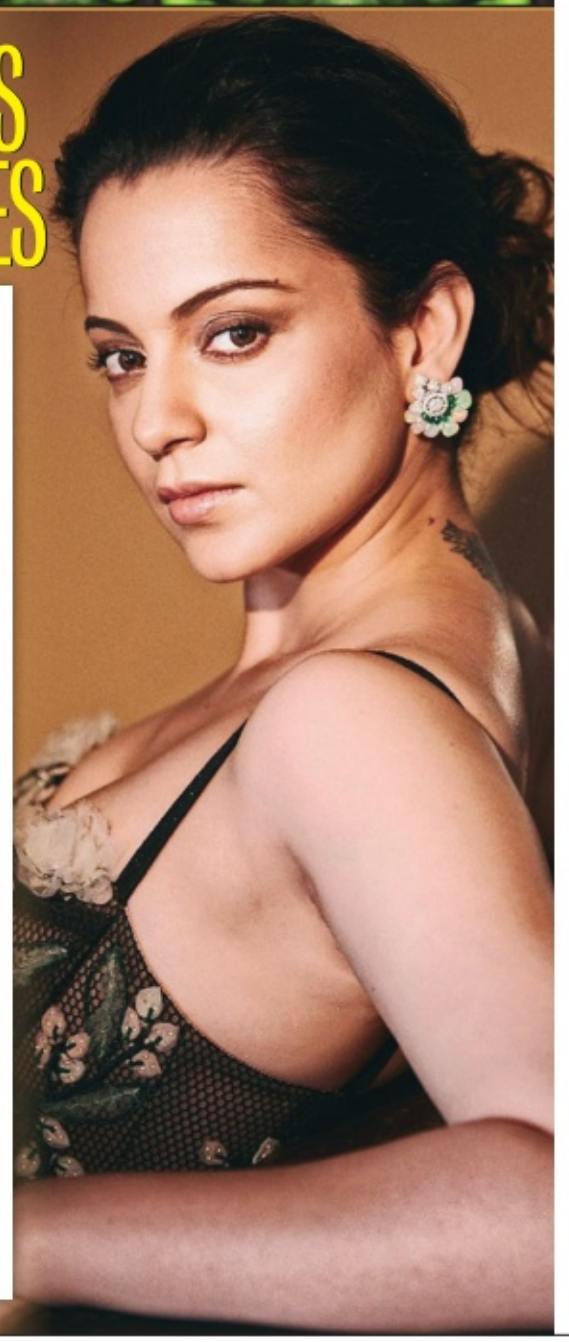
ETimes

# KANGANA'S FAVOURITES

Kangana Ranaut is currently working on her next, 'Emergency' which is also directed by her. The actress has made a transition from being an actor to a producer and director. Recently, Kangana shared a list of her all-time favourite movies. This list included, 'Amadeus, 'The Shawshank Redemption', 'American Beauty', 'Pyaasa', 'Amour', 'Seven Year Itch', 'Interstellar' and 'The Notebook'.

Interestingly, this list includes only one Hindi film. Guru Dutt's 'Pyaasa' is one of the most classic films of Hindi cinema. It also starred Dutt, along with Mala Sinha, Waheeda Rehman, Johnny Walker. A user told Kangana to list out her favourite Hindi films. So, in another tweet, the actress chose her favourite 8 Hindi movies. These films include, 'Hum Aapke Hai Koun..', 'Hum Dil De Chuke Sanam', 'Kaagaz Ke Phool' and also her own movie, 'Tanu Weds Manu 2'.

ETimes



## SANDALWOOD SHOTS

Y MAHESWARA REDDY

### Suspense thriller

The team of Kannada movie Hide & Seek is busy promoting the film. The movie's poster was released by Ashwini Puneeth Rajkumar while former minister HM Revanna launched its making video at SRV Theater on Monday. Dhanya Ramkumar is paired opposite Anup Revanna. Hide & Seek is Dhanya's second and Anup's third film.

"I agree to act in this movie because of its script. I liked it when the director narrated it to me. I play the daughter of a businessman who gets kidnapped. The director organised a workshop for all of us. There was a conducive atmosphere on the sets during the shooting," said Dhanya.

Thanking director Puneeth Nagaraj for his guidance during the shooting, Anup said he plays the kidnapper. "There is a lot of action but a few dialogues for me in this movie. My character in the movie has a rugged look," he said.

### Cast aways

Director Shivamani G's latest film is about the hardships beggars faced during the Covid pandemic. The movie, titled as Bhikshuka, shows why people take to begging.

Bullet Raju plays the lead in this movie while Jyothi Marur is paired opposite him. Bullet Raju's better half Yashodha has bankrolled this movie. "I got the idea to write the script during the lockdown. The movie will showcase the problems beggars faced during the lockdown. It also tries to answer queries on what makes people beggars and why they feel abandoned despite having families. The movie has come out well. We received a good response from the audiences at the premier show," said the director. Bullet Raju said the script of the movie is gripping. "I am confident audiences will support this movie. For the first time, my wife has become a producer. I appeal to all movie-goers to support this movie," said Bullet Raju.

Thanking the director for the chance, Jyothi Marur said she agreed to act in this movie after speaking to the director.